

## ABSTRACT

THESIS: The Effect of Living Arrangement on Dietary Intake of Athletes who Participated in Special Olympics Living in Delaware County, Indiana

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The purpose of this study was to measure and compare athletes' dietary intake to the National Health and Nutrition Examination Survey (NHANES) data that represents individuals without intellectual disabilities (ID), and to determine the effect of living arrangements on dietary intake and diet quality of the athletes. Dietary intakes from the athletes' three-day food records, previously collected in 2009, were analyzed using the Self Administered 24-hr Recall (ASA24). Results indicated individuals with ID have a poorer quality diet than Americans without ID. Overall, the lowest HEI-2005 score (e.g., poorest diet quality) was observed among the subjects who lived in the family home ( $41.4 \pm 7.6$ ) and the highest HEI-2005 score was observed among the subjects who lived in a group home ( $45.3 \pm 6.4$ ). Results show that the more food choice responsibility given to an individual with ID the lower the quality diet, and the less responsibility given to an individual with ID the higher the quality diet ( $p \leq 0.01$ ). Determining the nutrient intake and diet quality of individuals with ID may help identify ways to reduce the rate of obesity in this population, and provide health professionals with information needed to develop appropriate educational efforts.